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The U.S. would not go quietly ...

He made the most saves in World Cup history, but American goalkeeper Tim Howard couldn't best Belgium [PAGE 21](#)

It's time to bust out the tin foil

If we're all just Internet-age lab rats, then Facebook is holding the clipboard [PAGE 12](#)

THE OILERS JUST GOT BIGGER, FASTER

DEFENCEMAN MARK FAYNE, AT 6-3 AND 210 POUNDS, IS ONE OF THREE NEW PLAYERS SIGNED TO THE TEAM [PAGE 20](#)

**PATRIOTIC PARTY**

Thousands filled the Alberta legislature grounds Tuesday as Canada turned 147 years young. The grounds featured a variety of performances for kids and adults, as well as a 21-gun salute.

RYAN TUMILTY/METRO

City's bid for Commonwealth Games proceeds

New boss. Former airport chief to be head pitchman

RYAN
TUMILTY

ryan.tumilty@metronews.ca

The city used Canada's birthday to unveil the team that will hope to deliver the gift of a Commonwealth Games to Edmonton in 2022.

Mayor Don Iveson revealed that Reg Miley, former CEO of the Edmonton Airport Authority, is going to front a team dedicated to securing the games.

Also unveiled was the logo for the city's bid.

Iveson said after hosting a string of smaller-scale events, it's time for the city to jump onto the international stage.

"Edmonton has really been building towards a great multi-sport tournament like this," he said.

Miley said when he was approached to be part of the bid he had to say yes.

"I thought about it for about 10 seconds and then I said 'yeah.' This is something that's important," he said.

The bid committee will also include: city manager Simon Farbrotter, Candice Stasynec with Edmonton events, vice-president of Edmonton tourism Maggie Davidson and Lloyd Benz with the government of Alberta.

Four members of Commonwealth Games Canada, including John Stanton from the Running Room, will also be part of the bid.

Miley said the committee will be going to the upcoming

Games in Glasgow, as the first step towards securing a bid.

"There are 71 voters that get to vote on where the next Commonwealth Games get to be held, so we have to establish a relationship with those 71 voters," he said.

Alberta Culture Minister Heather Klimchuk was on hand for the announcement and said the province will be putting forward legislation for the province's financial component of the bid.

Mayor Don Iveson said he hopes Edmonton's bid can show a more sustainable way forward for large international sporting events, which some cities have been reluctant to bid on recently.

"We would like to make sure that the Commonwealth Games is viable in the future," he said.

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5919 91st St.
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10309 34th Ave.
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10429 178th St. NW
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Morinville

9918 100th St.

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975 Broadmoor Blvd.
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Suspicious. Missing trio a 'mystery'

Forensic investigators combed a southwest Calgary home for clues Tuesday, after a youngster and his grandparents were reported missing the day prior, but police conceded it may take a pivotal tip from the public to find the trio.

Five-year-old Nathan O'Brien, his grandfather Alvin Cecil Liknes and Alvin's wife, Kathryn, were all last seen Sunday at their Parkhill-area home in the 100 block of 38A Avenue SW Sunday. Nathan had been dropped off there for a sleep-over, but when his mother returned to retrieve the boy around 10 a.m. Monday she found the house empty.

Police have said little about what evidence was found inside the residence, tucked away in a generally quiet neighbourhood. Investigators do not consider the grandparents suspects and a spokesperson said there were indicators that they did not leave the home on their own volition.

An Amber Alert for O'Brien, first issued early Monday evening, remained in effect at press time Tuesday.

"The bottom line is that we're going to need the assistance of the public," police Duty Insp. Keith Cain said earlier in the day. "Hopefully somebody remembers something from the weekend or from Monday. Maybe they heard something. We have a big mystery on our hands right now."

Police confirm the Liknes hosted an estate sale over the weekend and had told guests they planned to move out of the country in short order.

Numerous tips had already flooded into police in the wake of the Amber Alert on Monday but no "significant leads" had emerged by mid-day Tuesday, Cain said. JEREMY NOLAIS/METRO



Zaid Hussain, 11, shakes Mayor Don Iveson's hand just after accepting his Canadian citizenship at Fort Edmonton Park on Canada Day. Zaid was joined on stage by his father Amir and sisters Umama, 8 and Hafsa, 6. LEAH GERMAIN/METRO

Ceremony welcomes new Canadian citizens

Canada Day.
Seventy-nine new citizens accept their documents in Fort Edmonton Park

LEAH GERMAIN
leah.germain@metronews.ca

Amir Hussain's son was the first of his family to walk across the stage Tuesday, shake Mayor Don Iveson's hand and accept his new citizenship document as a Canadian.

A father of four, Hussain

said his journey to becoming a Canadian citizen has gone through five years of applications, but was well worth it as he joined 78 other candidates from 29 different countries at Fort Edmonton Park on Canada Day to receive their citizenship documents.

"My process was too long," Hussain laughed before the ceremony began. "I applied in 2009 and it took a long time."

Sitting next to his son, Zaid, and two daughters, Umama and Hafsa, all of whom received their citizenship together, Hussain called the moment a proud one.

Citizenship judge Laurie

Mozeson said the citizenship process for new Canadians can often feel very long.

"Everyone's experience is different from that of everyone else," she said to the crowd Tuesday.

As a daughter of two immigrant parents, Mozeson shared her experience growing up a Canadian.

"My family instilled in my siblings and myself a sense of national pride and told us never to take Canada's opportunities for granted," she said.

"The wonderful thing about Canada is that it doesn't matter where you come from, you are a val-

Fort Edmonton Park

- More than 3,000 people visited Fort Edmonton Park Tuesday to celebrate Canada Day.
- Tuesday marked the first citizenship ceremony held at Fort Edmonton Park on Canada Day.

ued citizen of our country and you can join with your fellow Canadians in celebrating that we are bilingual and multicultural country."



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1 NEWS

City motorcyclists encouraged to get educated about road safety

Summer is meant for motorcycles, and bike lovers are out enjoying the short season and all that comes with it. The feel and freedom of the ride, the gear and the culture are just some of the incentives that bring thousands of Albertans to rider training programs in order to learn the skills and safety

savvy needed to handle a bike with confidence.

James McCarthy, creator of the motorcycle rider training program at Canadian Traffic Education Centre (CTEC), said his program operates with a "student first" philosophy, with plenty of time spent on the roads under the supervision of energetic, patient instructors.

"Safety isn't a skill, it's an attitude. Hopefully students come with the right attitude, and we can focus on the skills," said McCarthy.

McCarthy said motorcycle riders face issues car drivers don't need to think as much about — like bad weather, pot-

holes and inattentive drivers — so it means a greater focus on driving safely and anticipating what can happen in traffic.

"We're open and vulnerable on the road — our protection is up here," McCarthy said, pointing to his head. "We're not watching the movie — we're in the movie." LUCY HAINES/FOR METRO



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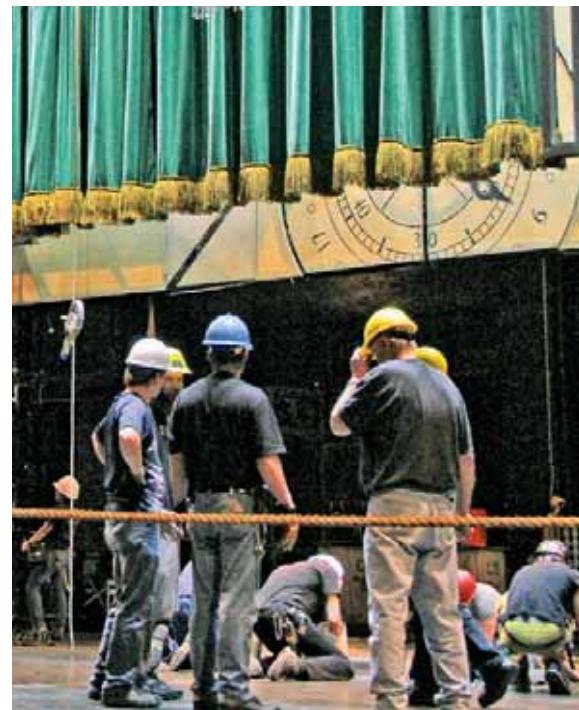
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Crews work to assemble the stage for *Wicked* Tuesday as the Broadway show gets set to open Wednesday. LEAH GERMAIN/METRO

Broadway's *Wicked* gets local flavour

Opening Wednesday.

Big production requires local talent

Crew

100

Number of Edmontonians hired to help with *Wicked*

 LEAH GERMAIN
leah.germain@metronews.ca

For more than half of the crew of the touring Broadway show *Wicked*, Wednesday's opening night will be their first experience on set.

With 70 consistent members, the cast and crew will be welcoming around 100 Edmonton musicians, dressers and crew hands into the fold as part of the two-week run of the musical.

"It takes a lot of time and a lot of people to put this equipment up efficiently and correctly so we can bring the Broadway-calibre show we have into Edmonton," said company manager Ryan Lympus.

After its run in Vancouver, the show was transported via 13 semi-trucks to Edmonton on Monday and Tuesday for setup before opening night.

Lympus said a big part of

making *Wicked* a success hinges on local flavour since the show travels with only a select number of actors and crew members.

"That's not enough people to put up the show and make the show run every night," Lympus said.

"The audience sees what's on stage every night but what's happening in these wings is a whole choreography of its own."

The summer tour will continue to Calgary and Winnipeg after Edmonton, ending in Toronto. "It's awesome to see so many different parts of Canada. Each time you roll into a city it's exciting. Every city has something to offer," Lympus said.

Set to open Wednesday, the tale of the witches from the Land of Oz will play at the Jubilee Auditorium for the next two weeks.



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Limited model shown*

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM*

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Court upholds ban on face veils

Human rights court.
2010 French law that bans face-covering veils on the street is ruled legitimate

Face-covering fine

150

Number of euros (\$218) anyone who covers their face can be fined under French law — or they can be sent to a citizenship class.

The European Court of Human Rights on Tuesday upheld France's law banning face-covering Muslim veils from the streets, in a case brought by a woman who claimed her freedom of religion was violated.

The ruling by the Stras-

bourg-based court was the first of its kind since France passed a law in 2010 that forbids anyone to hide his or her face in an array of places, including the street.

The court's Grand Chamber rejected the arguments of the French woman in her

mid-20s, a practising Muslim not identified by name. She said she doesn't hide her face at all times, but when she does, it is to be at peace with her faith, her culture and convictions.

She stressed in her complaint that no one, including her husband, forced her to conceal her face.

The court ruled that the law's bid to promote harmony in a diverse population is legitimate and doesn't breach the European Convention on Human Rights.

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Sarkozy questioned in campaign funds probe

Former French President Nicolas Sarkozy was in police custody Tuesday, apparently under questioning in an investigation linked to allegations that he took \$50 million in illegal campaign funds from Libya's Moammar Gadhafi.

But will the shocking detention and sordid case torpedo Sarkozy's chances at a presidential comeback?

Maybe not.

Sarkozy, a political survivor who's been touring the world with his pop singer wife, is still among the most popular politicians in France despite a pile of investigations that target him.

The 59-year-old hasn't been convicted of anything and remains well-known on the international stage. And he may be his troubled conservative party's best chance to regain the presidency in 2017, after losing it to Socialist Francois Hollande in 2012.

A judicial official said Sarkozy was detained for questioning Tuesday at the headquarters of the judicial police in the Paris suburb of Nanterre.

BFM television said late Tuesday night that Sarkozy was transferred to an investigating judge, who could charge him, name him as a witness, or release him.

THE ASSOCIATED PRESS



Nicolas Sarkozy vigorously denies any wrongdoing and remains popular in France. LIONEL CIRONNEAU/THE ASSOCIATED PRESS FILE

Changing times

Russia abandons endless 'summer'

Russia's legislature, often accused of metaphorically turning back the clock, has decided to do it literally — abandoning the widely disliked policy of keeping the country on daylight-saving time year-round.

The 2011 initiative during Dmitry Medvedev's presidency to impose permanent "summer time" forced tens of millions to struggle to their jobs in pitch darkness during the winter months.

THE ASSOCIATED PRESS

Conviction overturned

'Cannibal cop' released from jail

A former New York Police Department officer left jail on Tuesday after a judge overturned his conviction in a bizarre case accusing him of plotting to kidnap, kill and eat young women.

Judge Paul Gardephe ruled that there was insufficient evidence to support a guilty verdict in the kidnapping conspiracy conviction of Gilberto Valle, 40. Valle's lawyers had argued that the alleged plots were fantasy online role play.

THE ASSOCIATED PRESS

State of Kentucky

Gay marriage ban struck down

A federal judge in the socially conservative state of Kentucky struck down the state's ban on gay marriage on Tuesday.

The ruling was temporarily put on hold, however, and it was not immediately clear when same-sex couples could be issued marriage licences.

Same-sex marriage now is legal in 19 states, and recent polls show a majority of Americans support gay marriage.

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Violence erupts in Ukraine

Broken ceasefire.

Ukrainian military uses heavy artillery, airstrikes against separatists, while rebels attack Donetsk

Ukrainian forces and pro-Russia separatists fought with heavy weapons in the country's east Tuesday, and the rebels captured the Interior Ministry headquarters in a major city after an hours-long gun battle, a day after the president said rebels weren't serious about peace talks and ended a ceasefire.

The often-broken ceasefire had given European leaders 10 days to search in vain for a peace deal, and its end raised the prospect of an escalation in a conflict that has already killed more than 400 people.

Ukrainian forces have been

unable to suppress the rebels in two months of fighting — and it was not clear now what they would be doing differently to change that situation.

Ukrainian President Petro Poroshenko had called a unilateral ceasefire to try to persuade the rebels to lay down their weapons and hold peace talks. Some of the rebels later signed on to the ceasefire as talks began. But each side accused the other of violations.

Poroshenko announced the end of the ceasefire on Monday night, and on Tuesday the military launched artillery and airstrikes against separatist positions, Defence Ministry spokesman Oleksiy Dmytrashkovsky told the Interfax news agency.

In Donetsk, rebels attacked a police building, and fighting raged in the city centre. The streets were deserted and rifle fire could be heard. After hours of gun battles, the rebels took over the Interior Ministry compound.

THE ASSOCIATED PRESS



People are removed from a hospital during fighting near a regional police department in Donetsk, Ukraine, Tuesday.
DMITRY LOVETSKY/THE ASSOCIATED PRESS

Israel

Thousands mourn slain teens, military targets Hamas

Tens of thousands of mourners converged Tuesday in Israel for a funeral service for three teenagers found dead in the West Bank after a two-week search and crackdown on the Hamas militant group, which Israeli leaders have accused of abducting and kill-

ing the young men.

The deaths of Eyal Yifrah, 19, Gilad Shaar, 16, and Naftali Fraenkel, a 16-year-old with dual Israeli-American citizenship, have prompted angry calls for revenge.

Prime Minister Benjamin Netanyahu convened his security cabinet for an emergency meeting to discuss a response to the killings, hours after airstrikes targeted dozens of suspected Hamas positions in the Gaza Strip.

THE ASSOCIATED PRESS

India

Survivors found three days after building collapse

Rescuers pulled seven more survivors from under the concrete ruins of a collapsed 11-storey building on Tuesday, three days after it toppled and killed at least 29 people in southern India, officials said.

Already, 26 people have

been rescued alive from under the enormous heap of broken slabs, twisted iron girders and concrete dust where the apartment was being constructed in a suburb of Chennai, the south-coast capital of Tamil Nadu state, according to the National Disaster Response Force.

Hundreds of rescue workers, wearing hard hats and breathing masks, were likely to continue searching at least another day.

THE ASSOCIATED PRESS

European response

EU threatens sanctions

European leaders have threatened a new round of economic sanctions against Russia if it and the rebels don't meet conditions set by Poroshenko. But ambassadors from the European Union's 28 governments decided Tuesday in Brussels that they were not ready to impose new sanctions, instead agreeing to prepare a proposal to be decided at their next meeting Monday, according to an EU official.

That proposal would target those responsible for fomenting unrest, says a diplomat from a major EU country, and could include travel bans and asset freezes.

THE ASSOCIATED PRESS

South Africa. Pistorius feared for safety: Agent

Oscar Pistorius had a heightened concern for his personal safety and was making plans to take girlfriend Reeva Steenkamp on international trips shortly before he fatally shot her, his agent testified at the double-amputee runner's murder trial Tuesday.

The defence called Peet van Zyl to the stand in an attempt

to bolster Pistorius's account that he mistook Steenkamp for an intruder, providing testimony about a fear of crime that may have pushed him to fire through a closed toilet door.

Van Zyl faced tough questioning from the chief prosecutor, however, about Pistorius's alleged egotism and tantrums.

THE ASSOCIATED PRESS

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Brave young woman battles painful genetic skin disease

Epidermolysis bullosa (EB). There is no cure but researchers are investigating stem-cell and gene therapies

What can you say about a girl named Mary? What can you say about someone barely out of her teens whose goal is to help others because she's had experiences with lifelong pain? What can you say about someone who thanked each and every member of her surgical team after they amputated her leg?

What do we say about Mary Haddad?

Seeing her lying in a hospital bed recovering from the surgery, it's hard to believe this elfin patient with the child-like voice is 20 years old, until she describes — without a trace of self-pity and with a wisdom seemingly beyond her years — what life has been like for her as a so-called "butterfly child."

Haddad was born with epidermolysis bullosa, or EB, a rare genetic disorder that causes her skin to blister and fall off, sometimes even with the slightest touch. The sores can turn into deep, ulcerated wounds, which may take months to heal and can be excruciatingly painful.

EB can take three forms,



Mary Haddad, 20, who has the skin disorder epidermolysis bullosa, at Toronto's St. Michael's Hospital on June 25. CHRIS YOUNG/THE CANADIAN PRESS

from the mildest to the most severe. Haddad has dystrophic EB, the second-most severe form.

On June 12, doctors at Toronto's St. Michael's Hospital removed her right leg above the knee in an operation that took eight hours, including about two hours for the team to prep their delicate patient.

What appeared to be one

of her usual blisters on the front of her right ankle had morphed into a huge wound, which a number of painful biopsies revealed to be squamous cell carcinoma — a relatively benign skin cancer for anyone else, but fast-spreading and deadly for those with EB. Her specialist said amputation was the only option to save her life.

Once discharged, Haddad will be transferred to a rehabilitation hospital, where a super-padded prosthetic leg will be designed for her to restore her mobility.

It's difficult to say what Haddad's prognosis is: As long as she has wounds, she is at risk of developing skin cancer again, says her surgeon. But the blistering that once

'Butterfly children'

"Being touched, it was like surgery."

Mary Haddad
The 20-year-old lives bravely with a rare skin disease called epidermolysis bullosa.

marred her face, chest and abdomen has disappeared.

THE CANADIAN PRESS

Canada in space

Our astronauts face long wait for next space trip

A NASA official says no Canadian astronauts will be heading to the International Space Station for a while because all flights have been booked through to the end of 2016.

Under a bartering system, Canada collects "credits" based on its contributions to the development of the orbiting space lab, with the credits traded in for trips by astronauts. NASA's Bob Behnken says Canada used up most of its credits for Chris Hadfield's five-month visit, which ended in May 2013.

THE CANADIAN PRESS

Alabama

Sex offender camp is closed

Believing it was his calling to reach out to sex offenders, Pastor Ricky Martin built a little church and opened a camp out back for the men. With the help of some former inmates convicted of rape, sodomy, child sexual abuse and other crimes, Martin raised a chapel in rural Alabama in 2010 and parked campers behind it. The refuge came to an end Tuesday, when a law passed earlier by the Alabama legislature shut it down. THE ASSOCIATED PRESS

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Flooding causes chaos in Prairies

Saskatchewan and Manitoba. Dozens of communities under states of emergency as heavy rains force more than 500 from homes

More than 150 acute-care patients and long-term residents were moved from a hospital in eastern Saskatchewan because of flooding.

The full-scale evacuation at St. Peter's Hospital in the city of Melville, about 145 kilometres northeast of Regina, took place because a creek behind the facility was rising Tuesday.

Emergency management commissioner Duane McKay says the water has not entered the hospital and crews are

building a berm on a driveway behind the facility.

"The water has not touched the building and the work that's going there is to ensure that it never gets to the building," said McKay.

The evacuation comes because a deluge of rain caused widespread flooding in eastern Saskatchewan and western Manitoba.

Officials had said Monday that parts of southeast Saskatchewan got more than 240 millimetres of rain over the weekend, while some parts of western Manitoba reported more than 100 millimetres. However, those figures came out while the water was still coming down in many communities.

More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba. That number will

'Unprecedented'

Saskatchewan Premier Brad Wall says early estimates show the "unprecedented rainstorm and flooding" will be costly.

- "We think we're looking at an event that was larger in financial impact than the 2011 flood because it's so widespread, because the number of communities are so significant and

also because of the major infrastructure and highway damage," Wall said Tuesday in Saskatoon.

- Wall said it's hard to assess some of the highway damage because the roads are still under water. At least 19 sections of highways in eastern Saskatchewan were closed to travel Tuesday.

likely rise as officials started asking people living along the river in Virden, Man., to leave their homes on Monday night.

Saskatchewan Social Services says communities have stepped up to help each other.

For example, people who fled their homes in Gainsborough, Sask., on Sunday night

found themselves welcomed into homes by residents in the town of Carnduff. An emergency shelter set up for the evacuees was empty.

Meanwhile, McKay also says the number of communities under states of emergency has jumped to 53 in Saskatchewan. **THE CANADIAN PRESS**



More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba due to widespread flooding. COURTESY SASKATCHEWAN MINISTRY OF HIGHWAYS

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Ford greeted by boosters, booers during parade



Rob Ford greets Torontonians on Canada Day. **THE CANADIAN PRESS**

AUGMENTED REALITY

From "Keep up the good work" to "Shame," Toronto Mayor Rob Ford was both greeted and heckled on Tuesday. Scan the photo with your Metro News app to see a video of Ford at the Canada Day parade.

→ See full instructions on Metro's Voices page.

Supporters cheered and critics jeered as an energetic-looking Rob Ford mingled with Toronto revellers Tuesday, a day after his official return from a stint in rehab.

Marching in a Canada Day parade in the city's east end, the scandal-plagued Toronto mayor was greeted with shouts of "disgrace" and "resign" from some in the crowd, which he brushed off by wishing friend and foe alike the best on the country's 147th birthday.

Ford seemed in high spirits despite his detractors and said he was happy to be back.

"It feels great. Absolutely great. Fantastic," he said while his aides handed out mini "Ford Nation" flags and magnets to the crowd.

His march along the parade route was slow and halting, leaving him lagging behind rivals John Tory and Olivia Chow as a steady stream of fans stopped to take their picture with him and shake his hand.

Supporter Helen Papathanasiak said he seems to have benefited from the break.

"He looks relaxed and I think there's a lot of Torontonians who believe in him and we're hoping he's successful," she said.

Others weren't so eager to see Ford among the marchers.

"It's a travesty to have him in the East York parade.... I just don't think I can stand here and not say something against his presence," said Elinor Mahoney. **THE CANADIAN PRESS**

Dov Charney. Founder of American Apparel fights for control of company



American Apparel founder Dov Charney. THE ASSOCIATED PRESS FILE

The battle for control of clothing chain American Apparel is heating up.

Ousted American Apparel CEO Dov Charney has increased his stake in the clothing chain to nearly 43 per cent as he fights to keep control of the company he founded in 1998. Charney was able to increase his stake through a partnership with financial firm Standard General, which is loaning him the money. But the board is scrambling to make its own moves to keep him out.

Legal experts say the dispute will likely end up in the courts at a tough time for the Los Angeles-based company, which has lost money since 2010. The company, which made its name with American-made goods and provocative advertising, is in a cash squeeze.

"This is going to move from the boardroom to the courtroom.... Hopefully, it won't undermine the company. This company is very fragile."

American Apparel on Saturday adopted a shareholder rights plan, commonly called a "poison pill," a day after a bid from Charney to increase his control. A poison pill seeks to prevent hostile takeovers by diluting the value of a would-be acquirer's investment.

Charney also sent a letter

Quoted

"This is going to move from the boardroom to the courtroom.... Hopefully, it won't undermine the company. This company is very fragile."

Jerry Reisman, a partner at Reisman, Peirez, Reisman Capobianco, a law firm based in New York

ter last week to the board seeking a meeting of stockholders on Sept. 25 for the purpose of expanding the board to 15 members, according to the filing. The company said in a regulatory filing late Monday that Charney's request is "invalid" and "improper" because he was suspended as CEO and relieved of all powers to act on behalf of the company.

As a result, American Apparel doesn't intend to call a meeting and "intends to vigorously contest any action seeking to compel the company to do so."

American Apparel on Saturday adopted a shareholder rights plan, commonly called a "poison pill," a day after a bid from Charney to increase his control. A poison pill seeks to prevent hostile takeovers by diluting the value of a would-be acquirer's investment.

Charney also sent a letter

Big business.

Technology that gathers data on everything from sleeping to slapshots for weekend warriors is now a \$2-billion industry

LIA

GRAINGER

edmonton@metronews.ca

There was a time not so long ago when sports professionals swore the key to athletic achievement was practice, practice, practice. Now, thanks to a booming \$2-billion digital-health industry, there's a whole range of sport-specific tech gadgets that claim to help both professional and amateur athletes train smarter.

"Never before have you been able to so easily gauge your performance," says columnist and self-proclaimed technology evangelist Marc Saltzman. "Information is paramount."

To get you in the game for summer, he picked out his favourite new fitness-tech

Hobby Lobby

Store owner is 'hero' to the religious right

David Green felt like the black sheep of his family. His five other siblings had followed their preacher father into church work; David went into retail.

But as his business successes mounted, he found his religious calling: using the financial might from his Hobby Lobby arts and crafts chain as an engine for evangelism. That mission, until recent years carried out largely within the world of Pentecostal Christianity, took the 72-year-old Green all the

items at Sport Chek.

BEST FOR TENNIS: BABOLAT PLAY, \$450

Billed as the world's first connected tennis racquet, the Babolat Play monitors nearly every aspect of your tennis performance: where the ball has hit the racquet, how many times you've struck the ball, what kind of spins and angles you've put on your shots. "How many times have you used your forehand and backhand? Now you can get that information," Saltzman says. All of the information can be loaded to a smartphone and then shared and compared with fellow connected players around the world.

BEST FOR RUNNERS AND WALKERS: GARMIN VIVOFIT, \$150

Activity trackers that count your steps, stairs and strides per day are nothing new, but this bracelet-style fit-

way to a landmark victory Monday at the U.S. Supreme Court over the birth control coverage rule in President Barack Obama's health care overhaul.

"They'll be heroes to the very conservative religious people who are very much against abortion," said Vinson Synan, a friend of the Greens and a prominent scholar of Pentecostal history at Regent University.

The justices ruled 5-4 that requiring closely held companies such as Hobby Lobby to pay for methods of women's contraception to which they object violates corporations' religious freedom. THE ASSOCIATED PRESS

ness stands out from the pack thanks to its year-long battery life. It also tracks your sleep patterns and can record food and calorie intake, making it the Big Brother of lifestyle companion devices.

BEST FOR BASEBALL: EASTON POWER SENSOR, \$150

The Power Sensor fits on the bottom of any bat and monitors the speed and plane of your swing. And if you record your batting practice with a smartphone, the app will sync your stats with the video so that the data will be displayed onscreen as your increasingly killer swing slices across the plate.

BEST FOR CONTACT SPORTS: REEBOK CHECKLIGHT, \$150

This skullcap fits under a helmet and contains sensors that monitor the severity of impacts, flashing amber for less risky blows to the head

Dating app

Tinder co-founder hit with sexual harassment suit

IAC/InterActiveCorp has suspended a co-founder of its popular dating app Tinder in the wake of a lawsuit accusing him of sexually harassing a female executive of the company.

The lawsuit, filed Monday in Los Angeles Superior Court, claims that Tinder's founders engaged in "atrocious sexual harassment and sex discrimination" of the woman, Whitney Wolfe. THE ASSOCIATED PRESS

and red when the hit is hard enough to merit getting that noggin looked at. Experts warn that it does nothing to protect the head and does not indicate or diagnose concussions — it serves more as a measure of where your chosen sport ranks on the brutality scale.

BEST FOR HOCKEY: FWD POWERSHOT FROM QUATTRUMIUM, \$150

This seven-inch device slides into your hockey stick and delivers to your smartphone everything you could possibly want to know about your slap, wrist and snap shots, including shot acceleration, stick speed, and puck speed and rotation.

Market Minute

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WELCOME TO FACEBORG

It turns out those people wearing the tin foil hats are right:

"They" are messing with our minds.

"They" in this case is Facebook, and "they" decided to find out how we react to an increase or decrease in positive or negative posts by manipulating the news feeds of 600,000-plus randomly selected social media lab rats ... without telling us.

In case you're interested, the more positive posts you see the more positive your posts will be. And as you might expect, negativity breeds negativity.

We only found out because the researchers published the results in a scientific journal on June 17, and the online anger has been building ever since. Finally, on Sunday, the leader of the experiment, one Adam D. I. Kramer, issued an apology: "In hind-



JUST SAYIN'
Paul Sullivan
metronews.ca

sight, the research benefits of the paper may not have justified all the anxiety."

Of course, he posted it on his Facebook page.

So, here's the bottom line, fellow lab rats: Facebook is altering the way we behave without telling us. No reason to be alarmed ... much. Excuse me while I rush to the supermarket to stock up on tin foil.

I don't know about you, but I've never trusted Facebook. It is sitting on the accumulated data of nearly 1.3 billion users, and you'd have to be pretty naïve to believe they're just sitting on it.

The spectre of some guy in a white lab coat playing with the emotions of 600,000 unsuspecting people like a cyberspace symphony is creepy enough, but what else are they doing? What else can they do?

Over and over again, we have allowed Facebook and friends to

ignore all boundaries so we can communicate better, shop better, get around better, etc. We have committed this sacrifice with the understanding that they will respect us and, as the Google boys like to say, "Don't be evil." Until now, this devil's bargain was merely annoying. In return for a website that connects everyone all the time, Facebook gathers intimate data and sends out embarrassingly appropriate ads for itching powder or toupees.

But once they start poking and prodding your mind for fun without telling you, it's time to reboot. Facebook is starting to sound like the Borg, that alien presence from Star Trek that assimilates everyone in its path into the "hive mind" in the ultimate pursuit of machine perfection. OK, we're not there yet, but in Facebook's creepy assault on our innocence we can see the way, and it's not that far to go.

"Resistance is futile," intones the Borg. Well, maybe. But I have a new tin hat and a heightened sense of vigilance. I won't get fooled again.

Right.

BATTLE ON THE METRO



Commuters stop in front of Joe Sacco's massive cartoon mural depicting the first day of the 1916 Battle of the Somme in Paris. BERTRAND GUAY/AFP/GETTY IMAGES

Somme spans 500 feet in mural

Joe Sacco's epic depiction of the first day of the Battle of the Somme has been recreated on the wall of the Paris Metro.

Published last autumn, the acclaimed cartoonist's

wordless panorama The Great War picked out the events of the First World War battle, which began 98 years ago on July 1, from the British soldiers who went over the top to the mass burials of the dead.

"It all started when I was playing darts with a friend of mine in New York," he told Agence France-Presse. "Why don't you do something on the First World War?" he asked. That was 15 years ago."

Now the comic is being shown in the Montparnasse metro station in Paris in a display that runs to 130 metres. "I'm delighted by this project," said Sacco, according to Le Figaro. "I really believe in public art exhibition, because art is, by its nature, public." THEGUARDIAN.COM

Quoted

"I wanted to give an idea of the size of the massacre, an idea of the losses and the human suffering."

Joe Sacco, cartoonist, in an interview with French newspaper Le Monde

Previous works

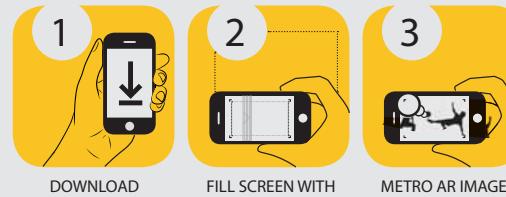
Sacco went to the Middle East in 1992 and came away from Israel and the occupied territories with the material that would make up his groundbreaking comic book series Palestine.

- In 1995 he travelled to Sarajevo where he began Safe Area: Gorazde, a fierce condemnation of the political impotence and badly planned UN operations during the Bosnian conflict.

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MetroTube

The put-on-your-pants dance



ANDREW FIFIELD
andrew.fifield@metronews.ca

Near the top of the many strokes of genius David Letterman has had during his run as late night's premier weirdo are the twin faces of his bold vision of our current day: Stupid Pet Tricks and Stupid Human Tricks.

Because here we are, more than 20 years after those bits debuted, in a world of cats behaving badly and the worldwide talent show of YouTube. Which brings us to our newest star: this young man navigating his way into a pair of pants without using his hands, to the strains of The Final Countdown. It's not an illusion, Michael. It's a trick. (YouTube)



SCREENGRAB



300: Rise of an Empire

Director: Noam Murro

Stars: Gerard Butler, Eva Green

• • • •

The mere existence of 300: Rise of an Empire is worthy of note, since Gerard Butler's Spartan King Leonidas and his men achieved "a beautiful victory" but sadly lost their heads in the original film.

In what is neither prequel nor sequel (maybe we should call it equal), we meet the secret weapon of Rise of an Empire: Women.

This highly stylized account, drawn as before from a graphic novel by Frank Miller but under the direction this time of Israel's Noam Murro, has a vibrant lead in Eva Green, playing Artemisia, commander of the Persian navy, who dresses Goth, but acts Amazon.

Packing two lethal blades, she's great, giving Rise of an Empire some badly needed energy.

PETER HOWELL

Sarandon on the road again with Tammy

In the grandmother scheme of things.

Thelma and Louise star compares notes on her new film vehicle



NED EHRBAR

Metro in Hollywood

Twenty-five years after Thelma and Louise, Susan Sarandon is taking a different kind of on-screen road trip with Tammy. Sarandon stars as the alcoholic, pill-popping grandmother to the titular Tammy (Melissa McCarthy), out to cause trouble across the Midwest.

You've been doing a lot of interesting smaller projects lately, like Ping Pong Summer. And even this, though it stars Melissa McCarthy, is from a first-time director.

Yeah, yeah ... that's hard. I feel a little bit like I've used up my coupons for first-time directors, actually. Mark Duplass called me and told me to do this one, and then Mark and Jay Duplass called me to tell me to do Ping Pong Summer. I always feel like if someone asks you to do something that's a favour to help get a film up and it's a one-and-a-half week commitment, that's a hell of a lot easier than a month and a half.

In your mind, can you connect this film to Thelma and Louise at all?

You know, it's so funny that we didn't think of Thelma and



Susan Sarandon and Melissa McCarthy in Tammy CONTRIBUTED

Louise. I mean, it didn't come up. I thought of it, but it didn't really come up while we were filming.... And then a year later when we went to do the press photo shoot, they had a convertible and a desert setting, and I said, "Are you sure you want to do that? We're about to have another anniversary for Thelma and Louise, and I think there's going to be a lot of that. Do you want to do that comparison?" And they were like, "Oh my God, I never thought of that." And they struck the car! They took the car away! But while we were filming it didn't actually come

up. Maybe because it wasn't as cool a car, I don't know.

So far during your press tour, how many people have asked to take a selfie with you?

Nobody, nobody! Oh no, one on-camera reporter did. That's so funny that that became such a big thing. We just did it as an afterthought. We did a whole photo session of them uniting us, and there was a Polaroid, and we did do something there. And then we were doing the interview for the Hollywood Reporter, and at the end of it, I said, "Let's just do one," and we did one with my

AUGMENTED REALITY

→ What happens when Ben Falcone tries to fire Tammy (played by his real-life wife Melissa McCarthy)? Scan this photo with your Metro News app to see hilarity ensue!



→ See the full instructions on Metro's Voices page.

phone. (My dog) Penny tweeted it, and now it's a thing.

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Selena Gomez ALL PHOTOS GETTY IMAGES

Don't tell Selena, but Biebs was 'getting friendly' with a model at a party

Selena Gomez may not like this. Justin Bieber was reportedly getting friendly with model Amber Rose at a party at West Hollywood nightclub Bootsy Bellows recently, according to Radar Online.

"Justin walked over to Amber's private table and they began chatting," a source says. "They talked for more than 15 minutes and even exchanged numbers."

How Shia's arrest netted him a free DVD

Shia LaBeouf has at least gotten something out of his arrest for making a scene during a Broadway performance of Cabaret.

Scott Gorenstein, rep for Liza Minnelli — who starred in the film adaptation of the musical — tells E! News that he generously sent LaBeouf a DVD copy of the 1972 Oscar-winning film. "I figured he may want to find out how it ends," Gorenstein explains. LaBeouf was escorted from the theatre in handcuffs during



intermission and taken into custody. In related news, video from a week before the arrest has surfaced on TMZ showing the former Transformers star outside a New York City strip club trying to start a fight with an unidentified bystander. In the video, LaBeouf is seen with his fists up asking the man to punch him in the face before backing down and entering the adult establishment.

She was smiling and laughing." On-again, off-again girlfriend Gomez may have nothing to worry about, as Rose is married to rapper Wiz Khalifa, but the former Disney star has been known to take issue with Bieber's receiving texts from female pals, as she reportedly did when she found out he'd been in contact with Kylie Jenner earlier this year.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The apple doesn't fall too far from the tree

MELINDA TAUB
Metro in New York City

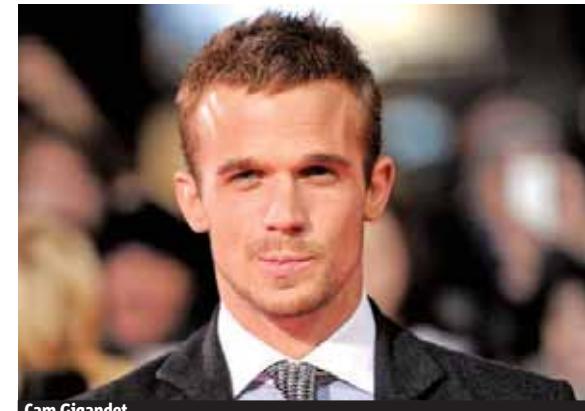
Hey guys! Got a case of the back-to-work blues? Here's something to put things in perspective, namely a chilling reminder that addiction is a disease that frequently runs in families. That means the same child an addict once cited as an inspiration for getting clean may grow up to be at greater risk for abusing drugs himself.

Robert Downey Jr.'s son was arrested on Sunday afternoon for cocaine possession. According to ET, 18-year-old Indio Downey was a passenger

in a car pulled over by the LAPD near the intersection of Santa Monica Boulevard and La Cienega. He was released Monday morning on \$10,000 US bail.

Iron Man star Robert Downey Jr. famously struggled with substance abuse for much of his life, even serving two prison sentences, the first for three months and the second for nearly a year. Downey Jr. claimed he had been addicted to drugs from the age of eight, because his own father, Robert Downey Sr., had been giving them to him, according to the BBC.

Downey Jr.'s been in recovery since 1993, which already makes him a more together dad than his own father, it sounds like. Hopefully he can help his son avoid treading in his father's and grandfather's footsteps.



Cam Gigandet

Gigandet remembers O.C. cast as 'miserable'

Outside of minesweeping in Afghanistan, being a guest star on a teen drama in its third or fourth season has to be one of the worst jobs there is.

By then, everyone seems to hate each other and the show and the fact that they're not movie stars yet (the things we've heard about the latter days of Gossip Girl would curl your hair), and outsiders are bound to get caught in the crossfire.

That's what Cam Gigandet claims happened to him when he guest starred on The O.C. "Ben McKenzie was kind of

mean to me. I hadn't done anything at that point and he was a little bit of an ass," he told Elle. "But I love him. I think he's a great actor and I love Southland."

Apparently, McKenzie wasn't the only one making trouble. "I learned a lot. But the things that I remember now — none of them are good. It was only the third or fourth season. Those kids were f—king miserable. They were just — they would not remember their lines on purpose. They were young," Gigandet says.

Here's one way to meet your soccer hero

Cristiano Ronaldo got quite the surprise last week when he returned to his hotel room in Brasilia, Brazil to find a 15-year-old boy waiting in his bed, according to Globo Esporte.

The fan, Yago Leal, evaded security and gained access to the suite via the balcony, waiting for Ronaldo to return on the eve of Portugal's World Cup match against Ghana.

Leal tells the newspaper that Ronaldo posed for a photo and signed an autograph



Cristiano Ronaldo

before showing him out without alerting security.



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Why not try some island hopping in New York City?

Day tripping.

Governors Island and Roosevelt Island offer a respite from the bustle of Manhattan

New York is a city built on water. Four of its five boroughs — Manhattan, Brooklyn, Queens and Staten Island — are located on islands, and the city's rivers and bays are dotted with many more. Two of New York's lesser-known islands make terrific destinations for a summer day trip, filled with history, green spaces and incredible views. And they're easy and fun to get to: Visit Governors Island by ferry and Roosevelt Island by tram.

Governors Island

Governors Island, a former military and U.S. Coast Guard base, has become one of New York City's most beloved day-trip destinations.

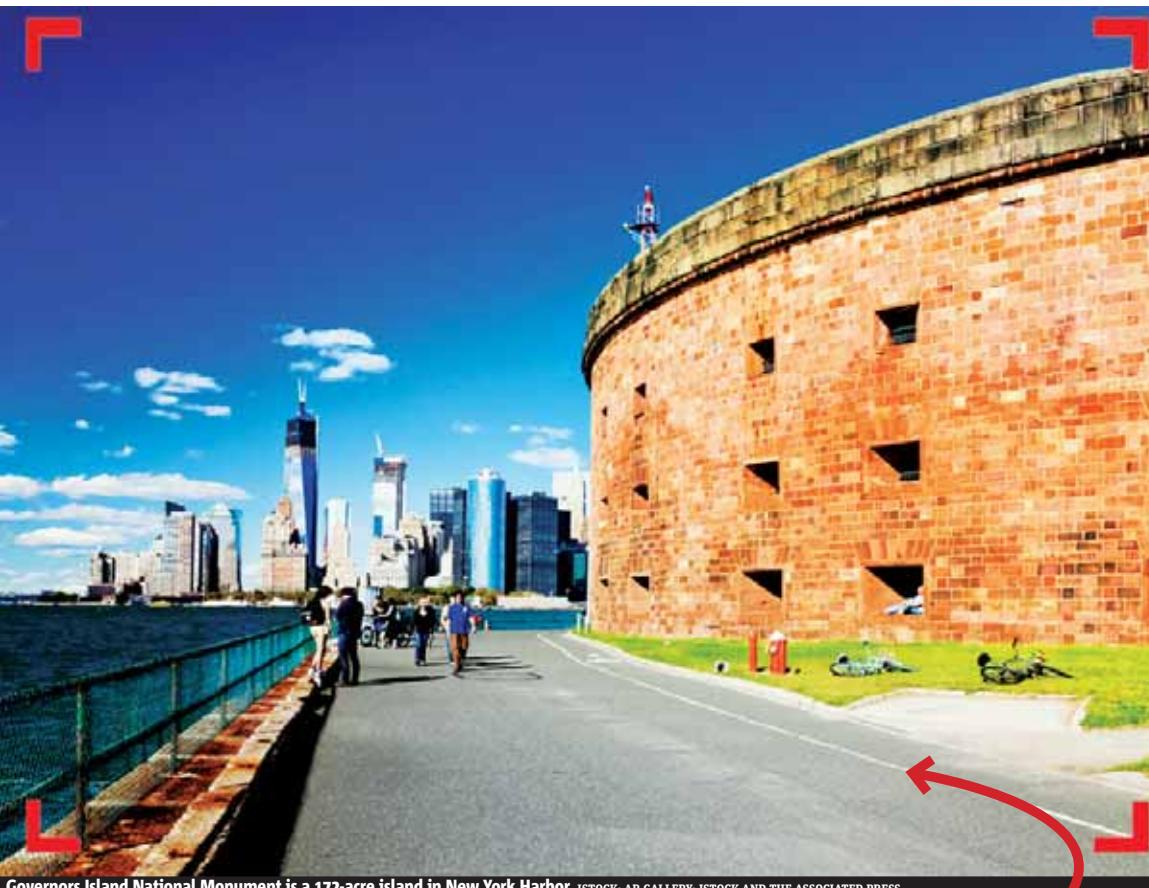
The vast green lawns and slopes, winding paths and views make the seven-minute ferry trip from Manhattan feel like a voyage to another world — not that you can forget you're a mere half-mile from Lower Manhattan, with soaring views of 1 World Trade Center and the Statue of Liberty just across the water.

Some of the best views come as you round the bend near Castle Williams, a circular red stone fort that served as a barracks and prison in the decades after its construction in 1811.

The island hosts concerts, children's activities, art shows and whimsical outdoor installations like a giant blue phone receiver in a tree.

It takes less than an hour

to stroll around the island, but allow more time for enjoying parks and green spaces like Hammock Grove, with play areas and 50 hammocks. You'll also want to poke your head in historical buildings like the Admiral's House and visit shops like Better Than Jam, which sells locally handmade crafts and products. Food vendors offer everything from Belgian waffles, ice cream and beer, to oysters, sesame noodles and Cuban sandwiches. You can bring bikes on the ferry



Governors Island National Monument is a 172-acre island in New York Harbor. ISTOCK; AR GALLERY; ISTOCK AND THE ASSOCIATED PRESS

or rent bikes, tandem bikes and surreys on the island.

The island is open daily through Sept. 28 (Monday-Friday, 10 a.m. to 6 p.m., weekends and Labour Day until 7 p.m.). Ferries run daily from Lower Manhattan's Battery Maritime Building, 10 South St., near the Staten Island Ferry terminal. Ferries also run weekends from Brooklyn Bridge Park's Pier 6. Round-trip fare, \$2 US, with select free ferries weekend mornings; see govisland.com.

Roosevelt Island

You can take the subway to Roosevelt Island, but it's more fun to take the tram from 59th Street and Second Avenue in Manhattan (one-way, \$2.50 using a subway MetroCard). The six-minute ride offers views of the city, East River and Ed Koch Queensboro Bridge.

On the Roosevelt Island side, walk 15 minutes south to Franklin D. Roosevelt Four Freedoms Park on a tree-lined path along the river with



Sightseers ride the aerial tramway from Roosevelt Island to NYC. ISTOCK

great views of Manhattan across the way.

Near the park entrance, you'll pass the Renwick Ruin, a gothic structure that looks like a horror movie set. It's an abandoned smallpox hospital that dates to the 1850s.

The park, in contrast, offers a sleek, pristine landscape, full of symmetry and angled views. It celebrates President Roosevelt's "Four Freedoms" speech, made in

1941. FDR extolled freedom of speech, freedom of worship, freedom from want and freedom from fear as "essential human freedoms ... attainable in our own time."

An excerpt is engraved on a granite monument; a bust of FDR sits at the island's southern tip. Tree-lined plazas, steps and other structures offer vantage points for seeing the Manhattan skyline; you'll easily pick out the

Empire State Building, United Nations, Chrysler Building and 1 World Trade Center.

The park is free, open 9 a.m. to 7 p.m. every day except Tuesday; see fdrfourfreedomspark.org. Dining options on Main Street, not far from the tram, include Italian, Japanese and the Riverwalk Bar and Grill's yummy fish tacos and pulled pork sandwiches.

THE ASSOCIATED PRESS

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AUGMENTED REALITY

→ Want to know how to spend a summer day in New York City? Scan this photo with your Metro News app for a gallery of images of Governors Island and Roosevelt Island.

→ See the full instructions on Metro's Voices page.



Oh Canada! We're one quirky nation



ON THE MOVE
Loren Christie
life@metronews.ca

In honour of Canada's 147th birthday, I thought it would be fun to celebrate our quirky side by testing your knowledge of our country's most unique tourist destinations.

1) Which province is home to the world's largest Ukrainian Easter egg, badminton racket and piggy bank?
 a) Manitoba
 b) Prince Edward Island
 c) Alberta

2) At the top of Whistler, B.C.'s Peak Express Chair there is a collection of what popular child's toy?
 a) Rubber ducks
 b) Teddy bears
 c) Gameboys

3) At Domaine Pourki on the Richelieu River, just 35 minutes from Montreal, you can stay overnight on the water sleeping in what kind of accommodation?
 a) Igloos

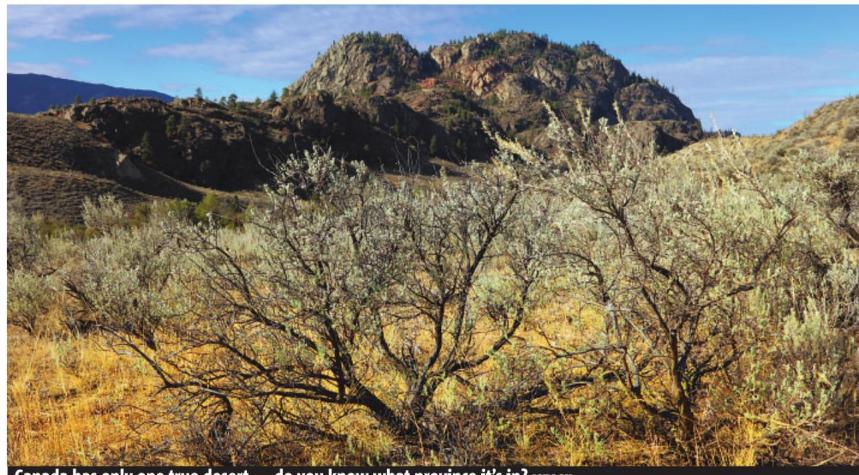
b) Teepees
 c) Tents

4) Which province is home to the towns of Heart's Delight, Heart's Desire and Heart's Content?
 a) Newfoundland
 b) New Brunswick
 c) Ontario

5) Which Alberta town has become a pilgrimage site for thousands of Star Trek fans?
 a) Kirkville
 b) Klingon
 c) Vulcan

6) The Glass House on the East Shore of Kootenay Lake in British Columbia was built from more than half a million discarded glass bottles. What did they once contain?
 a) Milk
 b) Mountain Dew
 c) Embalming fluid

7) Crooked Bush near Hafford, Sask. is a group of wild aspen trees that twist, loop and bend into a surreal looking forest. University research has concluded this is a result of:
 a) A genetic mutation



Canada has only one true desert — do you know what province it's in? iSTOCK

b) Clay in the soil
 c) Strong winds

8) In which province can you grab a coffee or bite at one of these fancifully named establishments: The Dancing Goat, The Laughing Whale, The Dancing Moose or The Prissy Pig?
 a) Quebec
 b) Alberta
 c) Nova Scotia

9) Old City Hall in which city is an architectural oddity that contains references to the Masonic order, Celtic mythology and some less than flattering images of the sitting mayor (at the time of construction) by the architect, E.J. Lennox?
 a) Winnipeg
 b) Toronto
 c) Charlottetown

10) Which province is home to Canada's only true desert, complete with sagebrush, cacti and tarantulas?
 a) British Columbia
 b) Newfoundland
 c) Ontario

5-c, 6-c, 7-a, 8-c, 9-b, 10-a
Answers: 1-c, 2-a, 3-b, 4-a

Bucket list

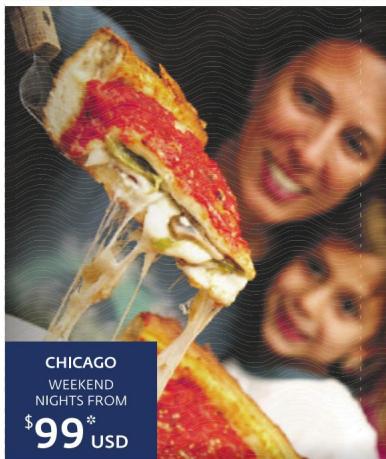


A wander through the Azores

The nine islands that make up the archipelago of the Azores used to be one of Europe's best-kept secrets. Lush and green despite being made up of 1,766 volcanoes, this autonomous region within the Portuguese state has made great gains since the 1970s, when it was still a relatively poor fishing outpost. Island life in the Azores teems with opportunities for visitors to sail, dive, go deep-sea fishing and explore more than 120 geotourism sites — everything from volcanic caves and ravines to hot springs. The best time to go is August and September. Check out flights from Toronto or Montreal to Ponta Delgada via SATA airlines at sata.pt.

DOUG WALLACE/METRO

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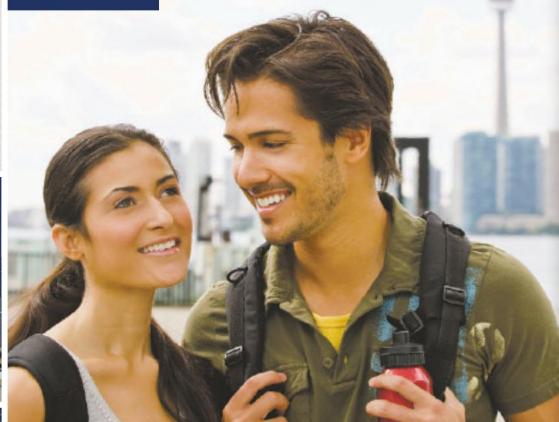


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There's something about Sylvan Lake

Getaway. A family favourite beach spot makes for a perfect vacation

JENNIFER ALLFORD
For Metro

Right smack dab between Edmonton and Calgary you'll find Sylvan Lake, a town of about 13,000 that balloons in size every summer as people flock to the beach to enjoy Alberta's brief, but glorious summer.

Only a 20-minute drive from Red Deer, and 90 minutes from Calgary or Edmonton, Sylvan Lake has been Central Alberta's favourite resort town for 100 years and if you haven't been in a while, it's

worth a visit to check out the revitalized downtown area.

Lakeshore Drive, once the quintessential strip of slow moving muscle cars checking out the bathing beauties crossing the street to get to the beach, has been rerouted around big, new, beautiful green space. The \$25-million, multi-year project has created Centennial Park, a giant pedestrian and play-friendly area with walkways, picnic areas and plenty of open areas to throw a Frisbee. There are still the muscle cars bikini-spotting on Lakeshore Drive, but little kids don't have to look for

them as they run to the water.

Right on the lake, along with families building sand castles, you'll find beach volleyball courts that host a number of tournaments over the summer. As players hit killer spikes in the sand, you can hear the squeals of delight coming down the Wild Rapids Waterslides, where, alongside the slides, there are loads of areas to throw down a blanket and set up shop for the day.

Any visit to Sylvan Lake must include a stop at the Big Moo Ice Cream Parlour, where you will struggle with your most difficult decision of the

weekend — choosing from the gazillion flavours and whether you should load them up in a regular or waffle cone.

If the stress is too much, you can scrap the ice cream and get a chocolate M&M-covered pretzel stick.

There's no better way to burn off the sugar rush than strapping on the flippers and splashing around within the large, protected swimming area along the main beach.

You can rent paddle boats and personal watercrafts to venture out in the open water or bring your own boat to wake board, water-ski or go tubing. If you don't want to

get your hair wet, you can hit the links at one of many golf courses in the area.

There are plenty of hotels and cabins for rent over the summer and lots of restaurants to enjoy as well, including Smugglers — right on the water with its unparalleled view of all the action on the lake. If you forgot your beach wrap or inflatable crocodile, there are local shops right downtown where you can get supplies or if you need patio furniture or a crate of potato chips, head to one of the big box stores on the edge of town.

While you're there, pick up some black shades to wear

to the annual Jazz at the Lake Festival running Aug. 14 to 17. This year's lineup includes Jack Semple, Tuck and Patti, and nearly 100 other artists who play at various indoor and outdoor stages all weekend long.

If you're looking for a quiet weekend, pack the tent and book a spot at Jarvis Bay Provincial Park to go for a bike ride or look for snakes on the pretty trails that wind through the park. Wherever you are around Sylvan Lake, watch the sunset over the water and then light up the fire pit to roast marshmallows and enjoy the summer weekends at the lake.

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Hello, can I speak to my future hire?

Dial-a-disaster. Many first interviews are conducted over the horn, so heed this advice to avoid a communication crash

LAUREN
MARINIGH
TalentEgg.ca

When you think of a job interview, it's likely that you'll picture a traditional face-to-face process.

However, many employers choose to do a first round of interviews over the phone.

Phone interviews can be intimidating, particularly if your previous interview experience has always involved on-site, in-person meetings. Don't worry; a little preparation can go a long way.

Here are a few ways that phone interviews can go wonky — so avoid, avoid, avoid.

Not being prepared

This goes without saying, but make sure you understand all the details of the interview.

Do your research on the company, read over the job description, and practise sample questions that you think might come up during the interview.

You'll also want to confirm all of the logistical details: who will be calling, when, and at what number. If the employer is calling you, be ready well in advance.

Double-check you have good reception, ensure that you are the one answering the phone, and set up all the resources you need on hand before you pick up



Put yourself in professional mode when chatting to your potential employer by picking yourself up out of bed and docking yourself at a desk. iSTOCK

I'd like to call a friend

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

(notebook, resumé, job description, etc.).

Not acting professional

Remember that every interview is a professional undertaking, even if it isn't

conducted in a formal workplace.

Part of the challenge of phone interviews is presenting yourself in a professional manner without the ease of in-person inter-

action.

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Do not eat or drink during your interview, and make sure that you are in a quiet setting with a phone that has a full battery.

To save yourself from embarrassment, make sure to tell everyone else in your household that you

are using the phone for an interview — this way, you won't get your parents picking it up in another room, awkwardly interrupting.

Other things that can help put you in the professional mindset include sitting in a professional setting or area (think desk, not bed), and dressing for success.

Not closing the interview effectively

Just like you would in an in-person interview, ask questions. Always have a list pre-

Twitter

TalentEgg #QuestionoftheDay: Everyone has a childhood dream job for when they "grow up." What was yours?

@SamBoucher24 •••••
Ballerina-still like to dance!

@KayyAyy •••••
News Anchor!

@Recruit_Campus •••••
Can't remember...I'm too old (losing my memory) but I am doing my dream job now @ RBC4Students!

@thatssomanpreet •••••
Actress/Talk Show Host

@amreenazam •••••
I always dreamed about being an engineer! (inspired by my dad)

@RisaTran •••••
my childhood dream job was a Marine Biologist, thanks to Free Willy of course. #QuestionOfTheDay

pared in advance and pick a few that the interviewer might not have answered during your conversation.

This is your chance to get a better idea of the work environment, and whether you could see yourself working there.

Don't forget to close by thanking the interviewer before saying goodbye.

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Tightening the professional chain on LinkedIn

Social media success. Get ready to unleash the power of this professional platform using two easy tricks

LAUREN
MARINIGH
TalentEgg.ca

A quality LinkedIn profile is arguably just as useful as a great cover letter and resumé. This is especially true if you're looking to network and build your personal brand.

Yet many would-be hires are making simple LinkedIn mistakes without even realizing it.

Avoid all of that and prepare to impress future employers instead.

Here are two common LinkedIn 'Don'ts' and advice on how you can build your online presence.

A lacklustre headline

Your profile needs a solid and engaging headline; it's the first thing people see after your photo.

By default, your headline will appear as the title of your current position. Avoid this.

Think of the terms that future employers may be searching for when looking for someone with your skills. Do some research to get started.

Don't try and write the perfect headline in one go — brainstorm ideas and write as many as you can before fine-tuning and making your decision.

Staying silent

Like any social media platform or networking resource, you need to invest time and energy in LinkedIn to see results.

While your employment information may not change on a regular basis, you should update your status and get involved on LinkedIn on a regular basis.

You can share valuable and interesting articles you read, comment in LinkedIn group

discussions, and share your input on other people's statuses.

This activity keeps you on the radar of those inside and outside of your network and builds your presence in other people's newsfeeds.

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Enjoy your dinner out in the open

Open-Face Chicken Sandwich.

This simple meal is not only filling, but offers up a wide range of textures that will make it a favourite



DINNER EXPRESS

Emily Richards
food@metronews.ca

This sandwich used to be a big favourite when I worked in restaurants. Packed with fibre and spiked with a tangy spread, it will keep you going for the rest of the evening. Besides, in the hot summer weather, sandwiches are a great dinner option.

Enjoying the big full flavours of this sandwich with a crisp salad is a great way to round out your meal.

FLASH FOOD



From your fridge to your table in 30 minutes or less

To really make it a great meal, why not pack it up with your favourite local beer or wine and head out to the backyard for a picnic?

Make the most of summer by keeping cool in the kitchen and enjoying delicious food outside.

Also, try grilling up some extra chicken one night to enjoy another time. It takes no effort at all to have extra protein grilling while dinner is being prepared so you can plan ahead for the next night or even a fabulous lunch.

1. Sandwich Spread: In a small bowl, stir together the Greek yogurt, balsamic vinegar, cooked and finely

Ingredients

Sandwich Spread

- 1/2 cup (125 ml) plain 0% Greek yogurt
- 1 tbsp (15 ml) balsamic vinegar
- 1 hard cooked egg, chopped
- 2 tsp (10 ml) minced green olives
- 2 tsp (10 ml) minced red bell pepper
- 1/2 tsp (2 ml) Worcestershire sauce

Sandwich

- 4 small slices whole grain bread
- 2 cups (500 ml) shredded cooked chicken
- 1 1/2 cups (375 ml) shredded cabbage
- 1 tomato, sliced
- 4 small slices light style Swiss cheese

chopped egg, minced green olives, minced red bell pepper and Worcestershire sauce. Divide evenly among bread and spread. Top with



START TO FINISH
ABOUT 20 MINUTES

This recipe makes four servings. EMILY RICHARDS

chicken, cabbage and tomato. Lay one slice of cheese on each sandwich.

2. Place the prepared sandwiches on a baking sheet and bake them in 400 F (200 C) oven

for about 10 minutes or until the cheese melts and bread is slightly toasted.

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Former Ranger Benoit Pouliot is considered the most valuable Oilers signing for his speed, according to general manager Craig MacTavish. GETTY IMAGES FILE

Bigger, faster and more experienced

Free agents. Oilers' GM confident after a busy round of deals

The Edmonton Oilers got bigger, faster and more experienced Tuesday by signing three free agents who general manager Craig MacTavish says will significantly address a serious shortcoming in the team's on-ice performance.

The Oilers jumped into the free-agent market early by signing defencemen Kei-

th Aulie (six-foot-six, 228 pounds) and Mark Fayne (6-3, 210 pounds) and left-winger Benoit Pouliot (6-3, 197 pounds).

Two days earlier MacTavish traded lightweight forward Sam Gagner to Tampa Bay for six-foot-three, 203-pound right-winger Ted Purcell.

On Tuesday they also re-signed six-foot-three, 240-pound left-winger Luke Gazdic, who had 15 fighting majors last season, to a two-year contract.

"They all have size," stressed MacTavish. "We

added a lot of size in the last two days. We haven't touched the core group of guys we ended the season with and we've added what we think is a much more well-rounded complement to those players with size and speed and puck pursuit.

"All these moves are going to go a long way to address a serious shortcoming in our on-ice performance and I think we can expect to be much better next year."

MacTavish said he went into the day with two targets: Fayne and Pouliot. After a strong sales pitch he

signed Pouliot to a five-year contract worth \$20 million, got Fayne's name on a four-year, \$14.5-million deal and inked Aulie for \$800,000 for one year.

"We made a case for our situation here in Edmonton," he said. "It was a compelling story for them, as it was for me to tell. The situation is improving here, in spite of the fact that the results have lagged, but it was a compelling enough situation that at the end of the day we were able to quickly react to these players."

THE ASSOCIATED PRESS

Avalanche lose Stastny, snatch Iginla



Jarome Iginla played for the Boston Bruins last season. He signed a three-year, \$16-million US deal with Colorado. GETTY IMAGES FILE

The Colorado Avalanche added a big-name scorer in Jarome Iginla shortly after losing a fan favourite in Paul Stastny.

The Avalanche signed Iginla to a three-year, \$16-million US deal on Tuesday, bringing in a forward with 560 career goals.

Iginla played last season with the Boston Bruins and had 30 goals in 78 games. He will be counted on to help fill the scoring void left by Stastny, who signed a four-year, \$28-million deal with division

rival St. Louis earlier in the day. Stastny spent his entire career with Colorado after being picked in the second round of the 2005 draft.

Iginla is a six-time all-star who turned 37 on Tuesday. He's played in 1,310 regular-season games with Calgary, Pittsburgh and Boston.

"Jarome's track record speaks for itself," Avalanche Hall of Famer-turned-executive Joe Sakic said. "He is one of the top goal scorers of all time, as well as a great leader. His addition will bolster our

offence."

The Avs have been rather busy since Monday, orchestrating two trades for veteran players.

First, the team picked up veteran forward Daniel Briere from Montreal for right-winger P.A. Parenteau and a fifth-round pick in next year's draft.

On Tuesday, Colorado acquired defenceman Brad Stuart from the San Jose Sharks for a second-round pick in 2016 and a sixth-rounder in 2017. THE ASSOCIATED PRESS

New goalie

Canucks sign Ryan Miller

The Vancouver Canucks acquired a much-needed veteran goalie Tuesday, signing free agent Ryan Miller to a three-year deal worth \$18 million US.

The Canucks needed a proven netminder after trading Cory Schneider and Roberto Luongo in the past 13 months.

THE CANADIAN PRESS

Settling in

Wild quickly grab Thomas Vanek

The Minnesota Wild made another splash in free agency, signing Thomas Vanek, one of the top players available.

After playing for three teams last season, he agreed to a three-year contract with the Wild shortly after free agency officially began.

THE ASSOCIATED PRESS

Another scorer

Blackhawks ink Brad Richards

The Chicago Blackhawks have signed Brad Richards to a one-year deal, bolstering their group of centres with another proven scorer.

Richards had 20 goals and 31 assists in 82 games for the New York Rangers last season, and then had 12 points in the playoffs.

THE ASSOCIATED PRESS

More online

Go to metrone.ca for more coverage of Tuesday's wild start to NHL free agency.



U.S. sub-marined by Belgian onslaught

World Cup. Keeper Howard shines bright despite elimination on wild day in Brazil

The World Cup still has Lionel Messi. Tim Howard is heading home despite a heroic display of goalkeeping.

A moment of Messi inspiration helped lift an unconvinced Argentina to a 1-0 win over Switzerland after extra time in the Round of 16 on Tuesday, creating the goal scored by Angel Di Maria in the 118th minute.

Howard's stunning performance could not stop the Americans falling to a 2-1 extra-time loss against Belgium.

The veteran keeper repelled most of Belgium's 27 shots on target but was final-



U.S. goalkeeper Tim Howard and Belgian substitute Romelu Lukaku went head to head on Tuesday, with Lukaku's side narrowly coming out on top. Scan the image with your Metro News app to view more images of the day's action.

LAURENCE GRIFFITHS/GETTY IMAGES

ly beaten by Kevin De Bruyne in the 93rd and substitute Romelu Lukaku in the 105th.

"He had an absolutely

amazing match tonight and you just have to give him the biggest compliments in the world," U.S. coach Jurgen

Klinsmann said.

Teenager Julian Green's 107th-minute goal sparked concerted U.S. pressure but they could not find a leveller.

Argentina now faces Belgium in the quarter-finals.

Anticipation was soured a little Tuesday by fixing allegations from earlier matches at the World Cup.

Cameroon's football federation said it would investigate after the team's integrity was questioned. German magazine Der Spiegel claims convicted match-fixer Wilson Raj Perumal correctly predicted in exchanges with a reporter that Cameroon would lose 4-0 to Croatia and a player would be sent off before halftime.

"Yes, I have been told about this, but let them do their work on this investigation," FIFA president Sepp Blatter told reporters Tuesday. **THE ASSOCIATED PRESS**

Tennis

Raonic, Bouchard rising at Wimbledon

Milos Raonic joined Eugenie Bouchard in the quarter-finals of Wimbledon as the talented pair continued their run at the record books.

Eighth seed Raonic achieved his best career showing at the All England Club on Tuesday with a 4-6, 6-1, 7-6 (4), 6-3 fourth-round win over Japanese 10th seed Kei Nishikori.

Raonic becomes just the second Canadian to reach the Wimbledon quarter-finals in the Open era, which began in 1968.

He next faces Australian wild card Nick Kyrgios, who shocked second seed Rafael Nadal with a 7-6 (5), 5-7, 7-6 (5), 6-2 win later Tuesday.

Bouchard made her way there on Monday with a defeat of Alizé Cornet. She will face off in the next round against German ninth seed Angelique Kerber, who upset fifth seed Maria Sharapova 7-6 (7-4), 4-6, 6-4.

THE CANADIAN PRESS

MLB

Hutch clutch as Jays end 3-game skid

The Toronto Blue Jays have come close to falling out of first place in the American League East thanks to a recent slide.

An excellent start from Drew Hutchison and the return of Jose Bautista helped provide a little breathing room in the divisional race while ending a three-game losing skid at the same time.

Hutchison struck out a season-high 10 batters and Bautista belted one of two Toronto homers as the Blue Jays defeated the Milwaukee Brewers 4-1 in front of a sellout crowd on Canada Day at Rogers Centre.

The Toronto right-hander was dominant early on, retiring the first 14 batters he faced. Three relievers combined on the four-hitter as the Blue Jays moved 1 1/2 games ahead of second-place Baltimore.

"When he's on, he's on," Toronto manager John Gibbons said of his starter.

THE CANADIAN PRESS

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Wise customers read the fine print: *+, +\$ The Trade In Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after July 2, 2014. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,695) and excludes license, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Dealer trade may be necessary. Dealer may sell for less. Consumer Cash Discounts are deducted from the negotiated price before taxes. \$1,500 Ram Truck Loyalty/Conquest Bonus Cash is available to qualified customers on the retail purchase/lease of any 2013 Ram 2500/3500 models (excluding Cab & Chassis models) and 2014 Ram 1500 (excludes Reg Cab models) and is deducted from the negotiated price after taxes. Eligible customers include current owners/lessees of a Dodge or Ram pickup truck or any other manufacturer's pickup truck. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before July 2, 2014. Proof of ownership/lease agreement will be required. Additional eligible customers includ licensed tradesmen and those working towards Skilled Trade certification. Some conditions apply. See your dealer for complete details. 13.99% purchase financing for up to 96 months available on the new 2014 Ram 1500 Quad Cab SXT 4x4 model through Royal Bank of Canada. ScotiaBank and TD Auto Finance. Example: 2014 Ram 1500 Quad Cab SXT 4x4 with a Purchase Price of \$27,498 (including applicable Consumer Cash and Loyalty/Conquest Bonus discounts) financed at 3.99% over 96 months with \$0 down payment equals 208 bi-weekly payments of \$155 with a cost of borrowing of \$4,643 and a total obligation of \$32,141. Starting from prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g. paint). Upgrades available for additional cost. +Based on 2014 Energy Guide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 10.2 L/100 km (28 MPG, city and 7.1 L/100 km (40 MPG) highway. #Best-selling based on IHS Automotive: Polk Canadian new vehicle registrations. **With as low as 7.1 L/100 km (40 MPG) highway. +Best-selling based on IHS Automotive: Polk Canadian Vehicles in Operation data as of July 1, 2013, for model years 1994-2013 for all large pickups sold and available in Canada over the last 20 years. Based on 3500/3500 pickups. When properly equipped. The SiriusXM logo is a registered trademark of Sirius XM Satellite Radio Inc.

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2015 Ford Fiesta ST

- Type.** Five-door, front-wheel-drive subcompact hatchback
- Engines (hp).** 1.6-litre inline four-cylinder (197)
- Transmission.** Six-speed manual
- Base price.** \$26,064

Market position

Well-known European "hot hatch" now available in North America. Looks the part, goes the part. Targeted at driving enthusiasts, as evidenced by only one transmission offering (the six-speed manual), the hot turbo engine, and many handling upgrades. ST, for Sport Technologies, is Ford's global performance badge.

Points

- One of the quickest "little" cars you can buy.
- Engine sounds actually fed into interior cabin for sporty ambience.
- Exemplary cornering — flat with no understeer.
- Sits 15 mm closer to the ground than other Fiesta models.
- Still quite fuel-efficient — 5.6/7.8 City/Highway L/100 km



The ST offers lots of torque and launches easily.

Safety

Six standard air bags; four-wheel disc brakes with ABS; stability control with engine torque vectoring and with three selectable modes; tire pressure monitoring system; child seat anchors; anti-theft engine immobilizer.

One engaging little beast of a car

PHOTOS: MIKE GOETZ



Review. The Ford Fiesta ST is not just a Fiesta with a different badge. It's a completely different animal.

MIKE GOETZ
drive@metronews.ca

The Ford Fiesta ST is a great "hot hatch" in the European tradition.

But while Europe has had a Fiesta ST since 2005, this 2014 model is the first for North America.

Unlike Europe, our Fiesta only comes in four-door sedans and five-door hatches, so our

new five-door ST doesn't look quite as cool as Europe's new three-door ST coupe, or for that matter, the three-door factory Fiesta rally car, which is piloted by racer and YouTube stunt driver sensation Ken Block.

But four doors or not, this thing rocks.

The exterior bits that make ST more visually sporting — one-of-a-kind grille and chin spoiler, rear diffuser and spoiler, dual exhaust tips, and unique 17-inch wheels — are agreeably understated.

It feels more racy on the inside, primarily because our tester was flaunting the optional leather-trimmed RECARO seats — in "hurt your eyes" red. These seats are super firm and have huge side bolsters.

The ST is the most expen-



The ST features a 6.5-inch LCD screen and an 80-watt stereo.

sive Fiesta you can buy, so the rest of the inside is packed with stuff, like SYNC with MyFord Touch, a 6.5-inch LCD screen and the 80-watt stereo.

But ST is all about the driving experience. First thing you notice is how much torque this thing has, and how easily it launches. Ford says 177 lb-ft is

available from just 1,600 rpm and that maximum torque (214 lb-ft) can be had by 3,500 rpm — and you can believe it.

The engine is exclusively mated to a slick-shifting six-speed manual transmission. No automatic. Rowing through the gears is a motivational and audible treat. Powertrain

sounds are actually fed directly into the cabin to enhance the sporty experience. ST features upgraded braking and suspension and steering, compared to regular Fiesta models. It also features electronic Torque Vectoring Control, to reduce understeer during hard cornering, and a three-mode stability system (off, standard, sport).

This translates to a very entertaining experience through traffic and in twisty bits along your journey. It has virtually no body lean and can change lanes with a flick of the steering wheel. The stiff "summer" performance tires can't help smooth out the bumps very much, but that would be one of the few caveats of this very engaging little beast.

5 DRIVE

Compare

PHOTOS: CONTRIBUTED



1 Fiat 500 Abarth
Base price: \$26,190
Fiat 500's performance model looks good, sounds better. Its 1.4-litre turbo makes 160 hp. Manual is a five-speed.



2 Mini Cooper S
Base price: \$27,490
The all-new 2015 Mini S features a 2.0-litre turbo capable of 189 horses. Lots of fun in a practical package.



3 Chevrolet Sonic RS
Base price: \$25,645
Not in the same performance league as the others, but lots of bang for the buck.

5 of the screen's slickest black rides

Recently released pics of the next edition of the Batmobile have already upstaged the news that Ben Affleck will be the next Batman. But will the latest version of caped crusader's rocket-fuelled Gotham street racer be the coolest dark ride on screen? When it comes to black cars, the competition is pretty steep.

MIKE DOJC
drive@metro.ca

1965 Lincoln Continental Convertible

Entourage

Turtle drives this 1965 Lincoln Continental convertible with Vince shotgun and Drama and E in the back during Entourage's opening credit sequence. Jane's Addictions' Superhero blares while the camera leers at its glossy black painted body panels and sumptuous black leather interior. As this 5,500-pound steel car star cruises down neon-flecked Sunset Boulevard, we get lingering glances at everything from the hood ornament, chrome body trim, and prominent taillights to the ride's vaunted rear suicide doors.



1990 Porsche 911 (964) Carrera Cabriolet

Californication

True to Californication, during the test drive of this later model of his go-to car, Hank Moody (David Duchovny) and the car saleswoman find themselves joining, or in Moody's case probably just updating his membership in, the illustrious ranks of the sex-in-the-front-seat-of-a-sports-car-that-can-go-0-60-in-under-six-seconds club. The Porsche upgrade doesn't go all well. Later in this Season 1 episode, he's carjacked and goes back to his trusty 1990.



1983 GMC Vandura

The A-Team

A four-man crack commando unit of Vietnam vets for hire required a set of wheels as badass as the series breakout star who drove it. B.A. Baracus (Mr. T) probably pitied the fools and suckas tooling around in plain-Jane Ford Econoline vans. The iconic black-and-metallic-grey

Chevy van with red turbine mag wheels and a defining red stripe was perfect for chasing down baddies, making insane car jumps, and stowing an endless supply of Hannibal's crazy disguises.



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KITT 1982 Pontiac Trans Am

Knight Rider

The novelty of a talking car in an era before turn-by-turn navigation easily beat out Hasselhoff, then in the height of his himbo powers, for top billing on Knight Rider. Voiced by William Daniels' gentle dulcet tones, this sentient supercar with an almost overbearingly paternal instinct for its favourite passenger was equipped with everything from flamethrowers and lasers to knockout gas. Take all the gadgetry and whiz-bang capabilities of the entire James Bond canon and multiply that by 100, and you begin to scratch the surface of this bad boy's arsenal.



The Bluesmobile: 1974 Dodge Monaco

The Blues Brothers

A baker's dozen Bluesmobiles were used and abused by Jake (John Goodman) and Elwood (Dan Aykroyd) in the making of the film. Considering this 1974 Dodge Monaco black-and-white cop car possessed X Games skills, turning back-flips, jumping a drawbridge, and achieving hang time ridiculous enough to make Travis Pastrana's antics seem pedestrian, that should be no surprise. Toss in 60 cop cars to give our heroes chase and you had yourself a demolition derby. Upon its release, Blues Brothers owned the record for the number of cars totalled while filming a movie.



Why aren't more of us driving alternative-powered vehicles?

Greener cars. Lack of fuelling stations, high costs keep people driving gas guzzlers

JIL MCINTOSH
drive@metronews.ca

As gas prices rise, and environmental issues become more pressing, automakers are working to produce the most fuel-efficient vehicles possible, including those that use batteries or alternative fuels. Even so, we haven't yet seen large numbers of these actually on the road, which could delay more high-tech cars in the future.

"I believe that all roads lead to electric, but those roads are extremely long and very winding," says automotive industry analyst Dennis DesRosiers. "Rarely is the consumer willing to pay more to get less, and the only way you get rid of compromise is through technology."

There are issues that have kept many alternative vehicles from becoming more popular, including lack of infrastructure. Gas stations are usually no more than a few kilometres apart, and in a pinch, you can fill a gas can and rescue a car that's run out of fuel. By contrast, public electric-car charging stations are rare in most parts of the country. Most people who own battery-powered cars charge them at home, but those in downtown condominiums — and whose driving habits often make them the most likely candidates for these vehicles, ironically enough — may not have charging facilities in their buildings.

Other alternatives, such as biofuel, hydrogen, natural gas or propane can be even more difficult to find. These fuels suffer from a "chicken-and-egg" issue: companies don't build more refuelling stations because there are very few cars that need them, and so people don't buy the cars because there's

no place to fill them up.

Cost is a similarly self-perpetuating concern. New-technology vehicles are usually more expensive, primarily because they're not produced in the large, cost-efficient volumes that help bring prices down, but their high prices mean they're not selling in the large numbers that would help make them more affordable.

No one knows which alternatives will dominate in the future, so automakers have to stretch their research and development budgets over numerous technologies to be ready for market trends, instead of more efficiently focusing on just a few.

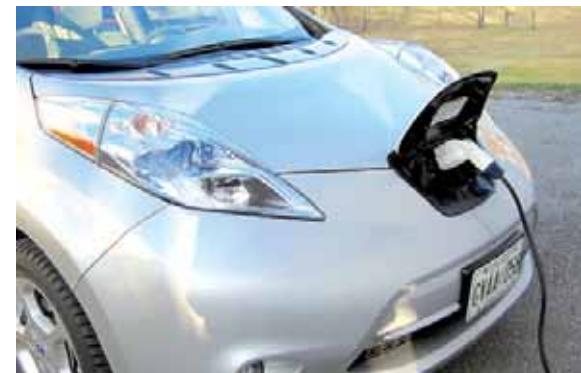
DesRosiers says automakers have done an impressive job of reducing critical air contaminant emissions, such as sulphur dioxide and soot, but greenhouse gases continue to be an issue. "Each time the vehicle company improves fuel efficiency, which lowers greenhouse gases, the consumer moves to a more powerful vehicle," he says. "At some point, the government is going to have to say to consumers that if you want to address climate change, you have to change your vehicle buying habits."

Alternative options

Electric cars have been around since the late 1800s, but their batteries have always been the key issue. A longer driving range requires a bigger, more expensive battery.

- Hydrogen fuel cell vehicles are actually electric cars that make their own electricity with their on-board hydrogen supply.

- Fuel economy on 2015 models may seem worse, but it's due to Natural Resources Canada introducing more realistic five-cycle vehicle testing.



Public electric charging stations are rare in most parts of the country. JIL MCINTOSH



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Shift: See world in a new way with glasses that identify charging stations, tomatoes as car parts

You say tomato, I say saucy car parts

Ford and Heinz are studying the potential use of turning waste tomato peel into vehicle parts, reports emerging technologies website Gizmag. Their investigation stems from Heinz's attempts to find new uses for byproducts (peel, stems and seeds) that go to waste when turning tomatoes into ketchup. Waste savings could be significant, given that Heinz turns more than two million tonnes of tomatoes into ketchup every year. The basic process to make vehicle parts involves crushing the peel into pulp before turning it into tomato fibre pellets and mixing with other undisclosed materials. The result is completely odourless, though researchers report that it does smell like pizza during the moulding process.



When Heinz makes ketchup, it doesn't use the peels. Could they be turned into vehicle parts?

ALL PHOTOS AND TEXT WHEELBASE MEDIA

Honolulu site of most congested highway in U.S.: Google Maps

The most congested highway in the United States isn't in California, nor is it in New Jersey, as one might expect, even if California roadways occupy three of the top five places. According to Google Maps it's in the most unlikely of paradises: Interstate H-1E, Kalii-Palama in Honolulu, Hawaii. Hellish on the best of days, the Honolulu highway tops Google's lists of most congested roads and cities in all the United States. California holds spots two and three with Interstate 5N in San Diego and California 2E in Los Angeles and rounds out No. 5 with U.S. Highway 101 Hollywood. The top five most congested cities are Honolulu, Chicago, Ill., New York City, N.Y., Los Angeles, Calif., and Boston, Mass., respectively.



While Hawaii is a tropical paradise, getting around Honolulu on the island of Oahu is the opposite of paradise.

Shift points

- The Union of Concerned Scientists found that 42 per cent of U.S. households with a vehicle could meet their driving needs using one of the electric cars currently available.
- A new app for the Google Glass wearable computer by software developer SemaConnect helps electric-vehicle drivers find places to re-charge. It allows drivers to locate the nearest charge station within about 30 kilometres, then finds it through turn-by-turn directions.



Google Glass.

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of \$16,385 for a new and unregistered 2014 Jetta 2.0L base model with 5-speed manual transmission, including \$1,395 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments of \$84. \$0 down payment. Cost of borrowing is \$0 for a total obligation of \$15,285. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Available on the last run of 2014 Jetta models manufactured. Some 2014 Jetta models may remain in stock without the standard rear view camera / Premium 8 touch screen stereo / 3 months of free SiriusXM radio with limited complimentary subscription. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end July 31, 2014 and are subject to change or cancellation without notice. Model shown: 2014 Jetta 1.8L Highline, \$25,490. Vehicle may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "SiriusXM", the SiriusXM logo, and channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. "Volkswagen", the Volkswagen logo, "Das Auto & Design" and "Jetta" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

Horoscopes

Aries

March 21 - April 20

You have every reason to be confident but don't start believing that nothing can go wrong. Your social life may be fun but is there something of a more serious nature you should be taking care of.

Taurus

April 21 - May 21

Something good will come your way today. Others may say you don't deserve to be so fortunate but only because they wish they had been as creative and as hard-working as you.

Gemini

May 22 - June 21

You seem to be in a positive mood now that Mercury, your ruler, is moving in your favour again. However, other aspects warn this is no time to rest on your laurels. There is still more good you can do in the world.

Cancer

June 22 - July 23

For best results today don't limit yourself to tried and trusted ways of doing things. Use your imagination to dream up new ideas and new ways of living, laughing and loving.

Leo

July 24 - Aug. 23

Find a quiet place where you can be alone with your thoughts and start asking some serious questions of the "who am I?" and "what should I be doing with my life?" variety. The answers may surprise you.

Virgo

Aug. 24 - Sept. 23

What seemed difficult a while ago now seems so simple, which just goes to show how a change of attitude can lead to a change of fortune. Prove you're a force to be reckoned with.

Libra

Sept. 24 - Oct. 23

Listen to your inner voice today because it offers good advice you won't get from others. The answers you seek are not "out there" in the world but hidden in the depths of your heart.

Scorpio

Oct. 24 - Nov. 22

You may not want to hurt someone's feelings but you know you have to be honest. There comes a time when it is necessary to tell it like it is, even if it means putting a relationship or friendship at risk.

Gemini

May 22 - June 21

Stop looking at your problems so emotionally. Your feelings must not be allowed to come into it, especially where money and business issues are concerned. Practical problems require practical solutions.

Capricorn

Dec. 22 - Jan. 20

What a friend has to tell you today may not be what you were hoping to hear but the important thing is it's what you need to hear. Are you smart enough to realize you don't know all the answers?

Aquarius

Jan. 21 - Feb. 19

Your ability to tune in to how others think and feel will bring benefits, especially on the work front where sudden changes won't take you as much by surprise as they do some.

Pisces

Feb. 20 - March 20

Your confidence is making a return now that mind planet Mercury is no longer such a negative influence, and by the end of the week you will be the life of the party. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

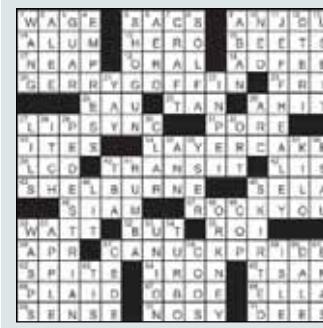
1. Fast food gig, colloquially
6. ___ surprised as you!"
10. Group
14. Tacky
15. "America's Got Talent" host Mr. Cannon
16. 'Chick' suffix
17. Divvy up
18. ___ Bridal (Retailer on TLC's "Say Yes to the Dress" that now has a boutique at Hudson's Bay in downtown Toronto)
20. Warders at the Tower of London
22. Looked
23. Play part
25. Broad
26. One of Canada's 'Famous Five', Irene ___ (b.1868 - d.1965)
27. Brings forth
29. Ms. Streep, to pals
30. 'Lion' suffix
31. Magazine like Glamour
32. Distinctly
36. Curious sort
38. Dinghy director
39. Like a lotus position
43. Aquatic bird
46. Baie-D' ___ (Montreal real suburb)
47. ___ Lanka
50. Sixers
51. From longest ago
53. Soldier-to-Sergeant reply!: 2 wds.
55. Concept
57. ___-ho!
58. Squashes
59. P.K. ___ (Montreal Canadiens player)
61. Largest mammal:
62. ___ wds.
63. Honda car
66. Certain cheers
67. Mr. Hershiser
68. Guitar ___
69. Vega constellation
70. Drenches
71. Cranky
- Down**
1. Booker T.'s backup
2. Pen part
3. "Guns + Ammunition" is by what To-
ronto band?: 2 wds.
4. Garfield's pal
5. Ottawa, formerly ___ a deal
6. ___ a deal
7. Global TV's "Rookie Blue" actor, Travis ___
8. Expert
9. "Gilligan's Island" character
10. Canadian journal-
ist Morley
11. Gertrude ___ (1926 English Channel swimmer)
12. Hollywood's humans
13. 26th Pres. Mr. Roosevelt's
19. Almost
21. Catchall category,



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- curly
23. On the ocean
24. Mil. ranks
28. "Pee-___ Big Adventure" (1985)
29. Crumbly soil
33. Bonfire needs
34. Perrier, par exemple
35. ___ better believe it!"
37. Critique
40. ___ Convent (Winnipeg's oldest building, home of Le Musee de Saint-Boniface Museum)
41. "Assuming that's true...": 2 wds.
42. Tip to 'logy' (Study of whales and dolphins)
44. Snowbirds display: 2 wds.
45. Songstress Lisa
47. Icon
48. Truly
49. Royal Canadian Mint, coins-
52. Canadian brewer
54. "___ Lady" by Tom Jones
55. Little land-on-water
56. Sword fights
60. Missed ___ (Thespian's mistake)
62. "Right you ___!"
64. Soak flax
65. 'Diction' suffix-
ean contraction

Monday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's Sudoku

1	5	7	2	6	4	3	9	8
2	8	6	3	9	5	1	7	4
3	9	4	1	8	7	6	2	5
6	7	8	4	5	2	9	1	3
9	4	3	6	1	8	2	5	7
5	2	1	9	7	3	4	8	6
4	3	5	8	2	1	7	6	9
8	6	2	7	3	9	5	4	1
7	1	9	5	4	8	3	2	6

8		4		1	3
9		8	5	7	
				2	
7	3			9	1
6				3	
9	2			4	8
				9	
5		3	7	6	
1	9	8			4

Weather

TODAY



MAX: 28°
MIN: 15°

THURSDAY



MAX: 28°
MIN: 18°

FRIDAY



MAX: 28°
MIN: 15°



MICHELE MCDOUGALL
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CLEAROUT: \$18,990

OWN ME \$111 B/W



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CLEAROUT: \$20,998

OWN ME \$119 B/W



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Reg: \$51,254 Discount: \$16,299

CLEAROUT: \$34,990

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CLEAROUT: \$20,398

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CLEAROUT: \$35,990

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NEW 2014 RAM 1500 Q/C Laramie 4x4

Reg: \$58,204 Discount: \$16,214

CLEAROUT: \$41,990

OWN ME \$246 B/W



NEW 2014 FIAT 500L Pop

CLEAROUT: \$20,990

OWN ME \$119 B/W



NEW 2014 RAM 2500 CREW 4X4 SLT

Reg: \$54,634 Discount: \$14,644

CLEAROUT: \$39,990

OWN ME \$235 B/W



NEW 2014 JEEP PATROIT NORTH 4X4

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CLEAROUT: \$22,990

OWN ME \$134 B/W



NEW DODGE RAM 2500 4X4 CREW LIMITED

Reg: \$71,079 Discount: \$17,089

CLEAROUT: \$53,990

OWN ME \$315 B/W



NEW 2014 Jeep Gr Cherokee SRT8

IN STOCK AND READY
FOR IMMEDIATE DELIVERY
STARTING AT: \$64,990



NEW 2014 RAM 3500 CREW LARAMIE CUMMINS 4X4

Reg: \$75,384 Discount: \$18,394

CLEAROUT: \$56,990

OWN ME \$333 B/W



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All prices are net of GST and include all dealer discounts and manufacturer rebates available. File photos used, vehicles may not be exactly as illustrated. 0% financing OAC over 36 months. Payments based on 96 mos term at 4.99% apr and are OAC. IE: New 2014 Ram 1500 Hemi #7432 for \$18990 at \$111 b/w x 96 mos at 4.99% cob \$4020. Please contact us with any questions on vehicles, options, terms, pricing.



SALES HOURS:

Monday-Thursday 8:30AM – 8PM;
Fri. 8:30AM-6PM; Sat. 8:30AM-6PM;
Sun. 11AM-4PM